Join us for our 13th annual



Senior Lifestyles Conference

Monday October 18, 2004

Country Inn Hotel 2810 Golf Road Pewaukee

Sponsored by:

Waukesha County
Department of
Senior Services

Commission on Aging



PROGRAM 2004 Senior Lifestyles Conference October 18, 2004

7:45 Registration, Coffee & Donuts

8:00 Exhibits Open

8:30 Welcome: Dan Finley, County Executive

Cathy Bellovary,

Director of Senior Services Ed Olson, President & CEO Waukesha Memorial Hospital

8:45 Keynote: Betsy Francoeur 57th Alice in Dairyland

9:20 Break - Visit Exhibits

9:45 Workshops (Group 1)

10:40 Break - Visit Exhibits

11:05 Workshops (Group 2)

12:10 Lunch - Visit Exhibits

1:30 Workshops (Group 3)

2:35 Wrap-up, Evaluation, Door Prizes*

*You must be present to win a door prize!

Featured Menu

Stuffed Chicken Breast Green Beans, Carrots and Red Onions Herb Roasted Wedge Potatoes

Vegetarian Menu

Vegetarian Lasagna

Flu & Pneumonia Shots Offered by Waukesha County Public Health Services Available 7:45 AM - 1:25 PM

Conference registration required before receiving flu/pneumonia shot(s).

Note:

- Flu & pneumonia shots can be given at the same time. Pneumonia shot will only be given if it is your first pneumonia shot.
- Medicare Part B will pay for both flu & pneumonia shots; bring your Medicare Card with you.

For those not on Medicare, the flu shot is \$18; the pneumonia shot is \$25.00. Fees are payable at the time shot(s) is received.



Alice in Dairyland

Wisconsin's Agricultural Tradition and Future

From its beginning following World War II, Alice in Dairyland has grown and changed with the times. Betsy Francoeur, Wisconsin's current 57th Alice in Dairyland, will bring Wisconsin home during her keynote as she tells us about her role as Alice in Dairyland and shares informative and fun Wisconsin agricultural facts.

Exhibitors

Accent on Cruises; Addiction Resource Council Inc.; Aurora Pharmacy; Blue Cross & Blue Shield United of WI; Catholic Charities; Cesarz, Charapata & Zinnecker Funeral Home; Fireside Dinner Theatre; Coalition of Wisconsin Aging Groups; Covenant Healthcare; Highland Communities Inc.; Home Care Medical; Home Instead Senior Care; Krause Funeral Home; Lamers Tour & Travel; Interfaith Caregiving Network; LaCasa Village; Laureate Group; Lutheran Homes of Oconomowoc; Lutheran Social Services; Medicare Complete; Metastar/Medicare Part B/WPS; Positive Transitions; Presbyterian Homes of Wisconsin; ProHealth; Quail Pointe Luxury Apartment Houses for Seniors; ResponseLink; Rogers Memorial Hospital; RSVP of Waukesha County, Inc.; Seasons Hospice & Palliative Care; Senior Planning Group; Senior Residential Care of America; Stillwaters Cancer Support Services; Therapy Works LLC; Three Pillars Senior Living Communities; Tudor Oaks Retirement Community; Volunteer Center of Waukesha County; Waukesha & Oconomowoc Memorial Hospitals; Waukesha County District Attorney's Office; Waukesha County Federated Library System; Waukesha County Department of Senior Services; Waukesha County Public Health Division; Waukesha County Technical College - LIR; Wisdom Technologies; and Woodland Health Care Center.

Participation as an exhibitor does not constitute product endorsement by the Waukesha County Department of Senior Services.

Workshops - Group 1 9:45 AM - 10:40 AM

Personality Types - How It Affects Your Life (Part I of 2 part workshop)

Why do some people see things differently than you? This program called "Colors" is a way to help people understand human behavior. You will have the opportunity to do a "self assessment," and see how others "see things." It is an exciting, practical and enjoyable tool. SPACE LIMITED. REPEAT FROM LAST YEAR BY POPULAR DEMAND!

Tom Riese U.W. Extension

• Practical Eating - Trends, Foods & Facts

Do you want to enhance your health through a well-balanced diet? In this program, a registered dietitian will present a contemporary, common sense approach to healthy eating and debunk some of the current dieting myths. Includes information on eating to lose weight, diet fads and common nutritional deficiencies.

Deanna Norelli, RD, CD Westwood Health & Fitness Center

• Women Need to Understand Family Finances

Planning ahead and developing financial security throughout your lifetime is necessary for financial freedom. Women need to be involved in making financial decisions. Find out how to avoid common mistakes many people make when dealing with family finances.

Michael White, CFP Prime Financial Services, Inc.

• Standing Yoga

Come join us to recharge your body, mind and spirit! We will practice the Yoga techniques of meditation, relaxation, and breath work.

Trish Washburn Westwood Health & Fitness Center

Workshops - Group 2 11:05 AM - 12:00 PM

Personality Types - How It Affects Your Life (Part 2 of 2 part workshop)

Continuation of 9:45 AM-10:40 AM workshop. Must register for both Part 1 and Part 2.

Tom Riese U.W. Extension

Finding the Joy in Living—Practical Solutions to Beating the Blues

As we age we all experiences losses. It might be loss of vision, hearing, loved ones or just that our get up and go, got up and went. So how do you find joy in life again? The answer is not so easy and often is different for different people. The first step is to make sure there is not a clinical cause for the blues. Join us for this informative talk on how to tell the blues from depression and how to find joy in life once again.

Michael McCrea, PhD Geri Heppe, MS Waukesha Memorial Hospital

• Cheese—Made in Wisconsin

Which cheeses go well with dessert, which are great snacks? Get to know more about some of the over 300 varieties of Wisconsin cheese. Learn a little history along with some fun facts, take home recipes, and sample some of Wisconsin's very own cheese!

Betsy Francoeur 57th Alice in Dairyland

• Planning for Long Term Care

Long Term Care Insurance plays a critical role in financing care needs when appropriate. Learn how to make an educated decision about whether Long Term Care Insurance is right for you!

> Barbara Horstmeyer Senior Planning Group

Workshops - Group 3 1:30 PM - 2:25 PM

• Larry Hisle's Baseball Memories

From Philadelphia to Minnesota to Milwaukee to Toronto—with All Star and World Series memories. Meet Larry Hisle, hear his story, remember his time with the Milwaukee Brewers and discover some of the programs he's now involved with.

Larry Hisle Former Brewer Player & Current Brewers Manager of Youth Baseball Programs

Meet Man's Best Friend in Action

Braun is a Belgian Malinois certified in patrol and narcotics detection and trained in evidence detection, tracking, building searches, crowd control and officer protection. Find out what it takes to train dogs like Braun for the Canine Support Unit and watch Braun demonstrate some of his talents.

Deputy Brad Schuenemann & Braun Waukesha County Sheriff's Department

• Remember What You Forgot

Forget where you put your keys? We can all use some help keeping our memory skills sharp. Participate and learn how to enhance and build your memory with fun exercises for the brain.

Debbie Wakefield Paul Cornelius Catholic Charities

• Exercises Without Having To Wear Spandex

Do you find you are often in a seated position with more cushioning than you care for? Do you have difficulty getting on the floor and performing the traditional exercises for toning and stretching muscles? Join us for Chair Exercises!!!

Trish Sargent Lutheran Homes of Oconomowoc

Register early. Space in workshops is limited. Be sure to indicate a first and second choice for each workshop group.

For additional information call the Department of Senior Services at (262) 548-7848.

The Country Inn is located off of I-94. Exit on County Highway T, North (exit 293) to Golf Road. Left on Golf Road for one mile.

2004 Senior Lifestyles Conference October 18, 2004 - Registration

Group 1 9:45 am - 10:40 am
1st Choice 2nd Choice
☐ Personality Types Pt. 1 (with Pt 2)
☐ ☐ Practical Eating
☐ Women Understanding Finances
□ □ Standing Yoga
Group 2 11:05 am - 12:00 pm
1st Choice 2nd Choice
Personality Types Pt. 2 (with Pt 1)
☐ ☐ Finding the Joy in Living
☐ ☐ Cheese—Made in Wisconsin
☐ ☐ Planning for Long Term Care
Group 3 1:30 - 2:25 pm
1st Choice 2nd Choice
☐ Larry Hisle's Baseball Memories
☐ ☐ Man's Best Friend in Action
Remember What You Forgot
Exercises Without Spandex
Lunch (choose <u>one</u>)
☐ Vegetarian Lasagna
Name
Name
Address
G. G
City State Zip
Phone
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Special Needs (Wheelchair, dietary, etc.)
Donation: \$13 per person
Make checks payable to: Department of Senior Services
This registration form and payment due by October 4 to:
Senior Lifestyles Conference

Department of Senior Services 1320 Pewaukee Rd., Rm. #130

Waukesha, WI 53188-3878